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These pictures were taken for USDA's
Agricultural Marketing Service



N39894--Versatility of nonfat dry milk is illustrated by this menu. Reconstituted milk is used as a beverage. It is also an important ingredient in the main dish (meat-and-egg pie), the homemade bread, and the rice pudding dessert.

NONFAT DRY MILK FOR NEEDY FAMILIES

Nonfat dry milk is donated by the U.S. Department of Agriculture for distribution to needy families. This nonfat dry milk is a wholesome dairy product made from fresh milk--only the water and cream are removed. The reconstituted milk has the calcium, minerals, B-vitamins, natural sugar and high-quality protein that make liquid skim milk such a valuable food.

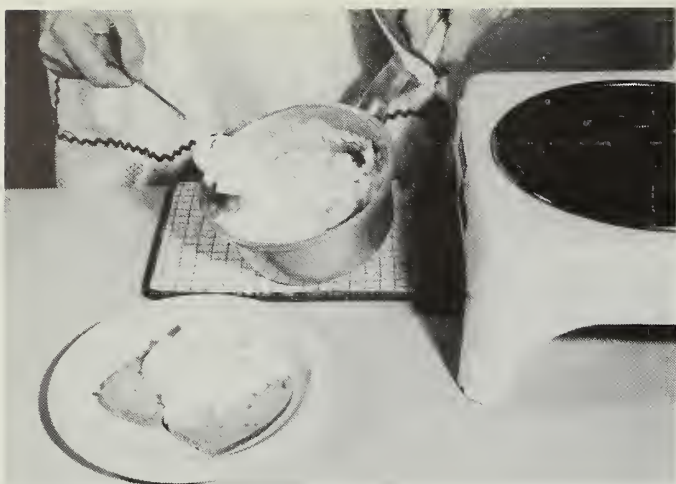


N39866--Hearty soup, using nonfat dry milk as a base. This potato chowder is tasty, nutritious and filling. Parsley adds attractive garnish.

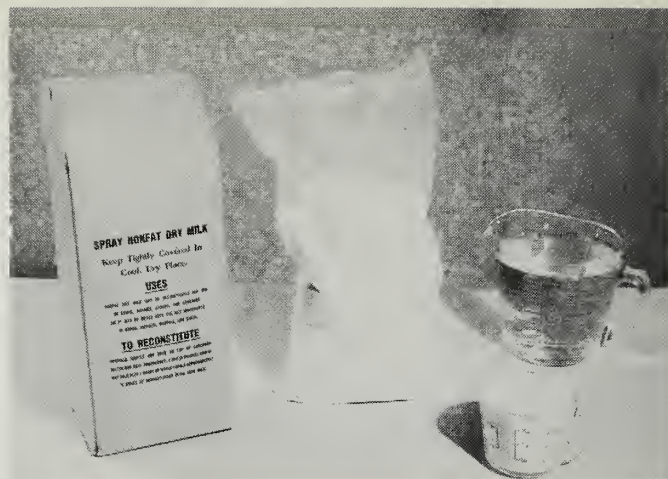


N39865--Cocoa is a hot, nourishing beverage that can be made with nonfat dry milk.

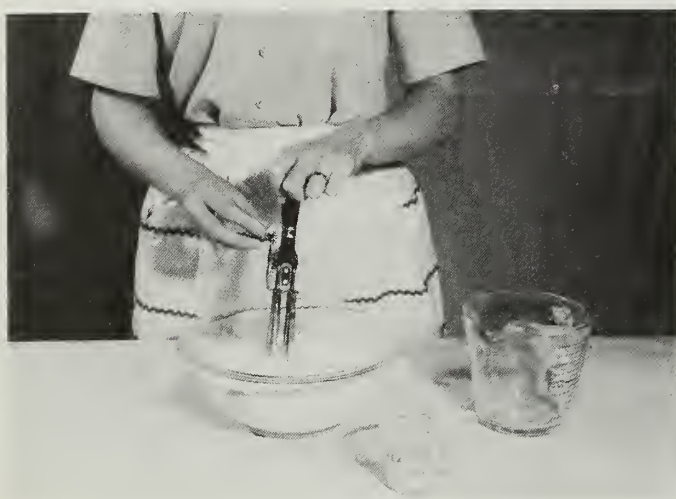
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N39891--This is creamed beaded egg. The cream sauce was made with nonfat dry milk, butter, flour. The beaded egg was prepared from dried whole eggs. All of these items are available through the Food Distribution Program of USDA.



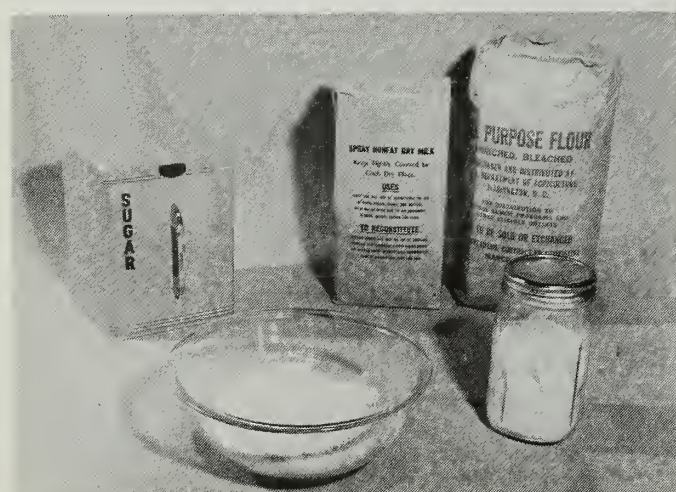
N39859--Nonfat dry milk is packed in 4 1/2-pound sealed plastic bags, which are placed inside a cardboard container. Dry milk should be stored in a cool dry place. One cup of dry milk and one quart of water make a quart of liquid milk.



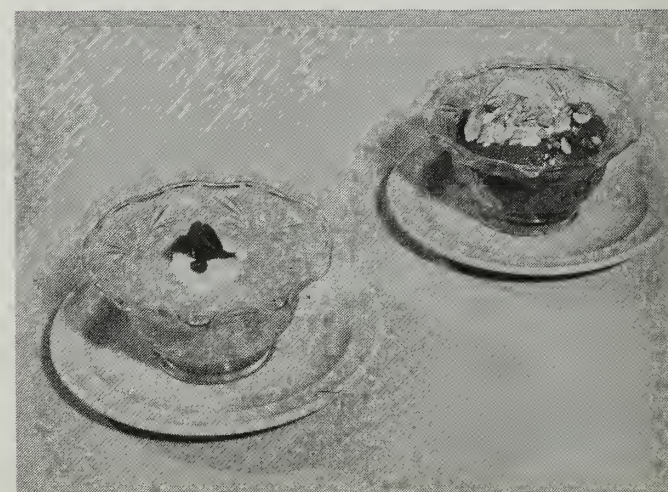
N39860--To reconstitute the milk, pour water in bowl and sprinkle dry milk over it. Beat thoroughly to blend. This is not an instant product so lukewarm water shortens the time required for reconstitution.



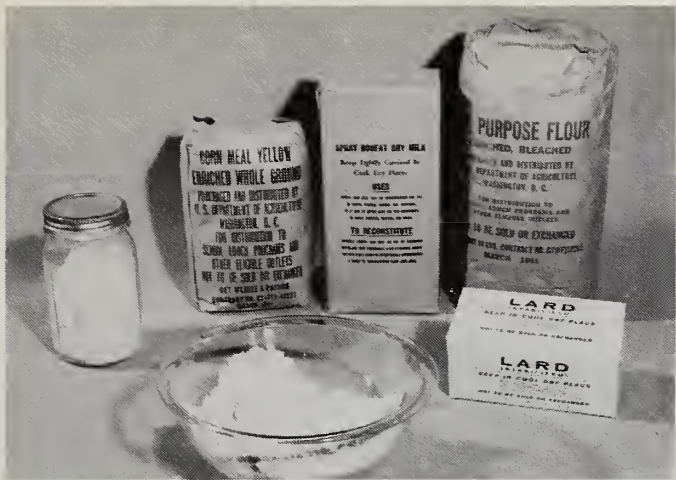
N39861--Another way to reconstitute nonfat dry milk is to put the water in a glass jar, add dry milk, cover tightly, and shake well to blend.



N39881--You can make your own pudding mixes with nonfat dry milk. The mix is made with drymilk, flour, sugar and salt. Make a month's supply then when you're ready for the pudding, simply add water and cook until it's thickened. Add beaten fresh eggs, remove from heat, add butter and vanilla.



N39867--Here's the result--tasty pudding. You can make chocolate pudding by adding some cocoa to the pudding mix. Another variation is caramel pudding made by using brown sugar instead of white.



N39883--Another mix you can make yourself is a cornmeal biscuit mix. Flour, cornmeal, lard and nonfat dry milk are the major ingredients. Whip up a month's supply and store it in a cool place.



N39869--Sift the dry ingredients, cut lard into the mixture until it is well blended. Then put it in a cool place until you're ready to use it.



N39870--When you make biscuits, just add liquid. You can make muffins, cornbread and corn balls (hush puppies) by adding one or more other ingredients to the basic mix.



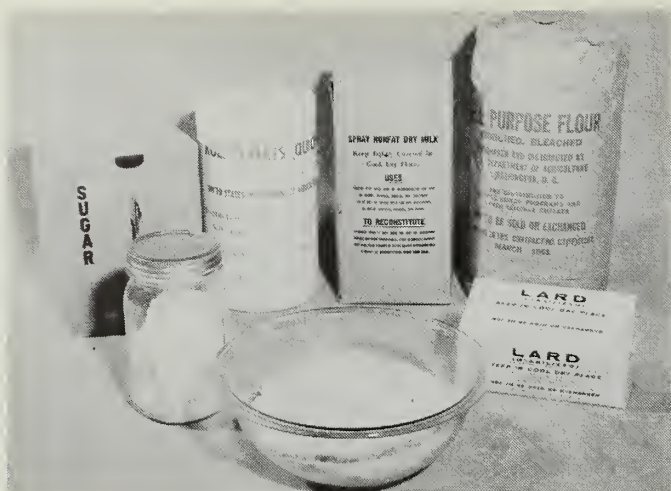
N39871--The batter can be baked in a muffin tin like this or a baking pan. If you bake it in a pan, you can then cut it into portions for serving.



N39872--Hot muffins like these, made from a basic quick bread mix, are a welcome addition to dinner or Sunday night supper.



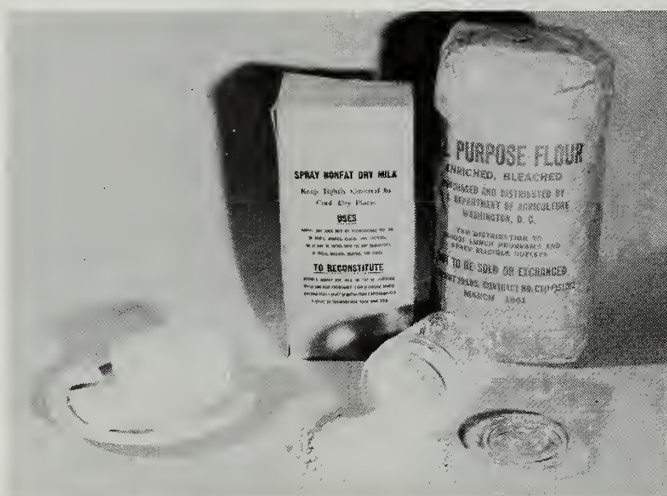
N39873--Muffins and biscuits were both made from the same basic mix. Note the square biscuits which eliminate the need for a cutter and for reworking the dough. By adding fresh shell eggs to the mix, you can make pancakes and waffles.



N39884--An oatmeal mix is a variation of the quick bread mix. Quick-cooking rolled oats are substituted for half the flour.



N39864--These oatmeal raisin cookies were made with the oatmeal mix. You can also make peanut butter oat cookies, oatmeal biscuits, muffins, scones and banana bread.



N39885--A white sauce is a base for many foods--casserole dishes, creamed vegetables, meat, fish and poultry, and sauces of various kinds. A white sauce mix can be made of butter, nonfat dry milk and flour. It should be stored in a cool place to keep the butter sweet.